Barbecued Chicken Legs and Vegetables

Chicken legs and vegetables are an easy, messy meal. Napkins will be needed. Chicken legs are dark meat, with specific proteins and vitamins not as easily available in the light meat. Once a common picnic food. Washing the grease off fingers is very difficult, even with a sink, soap, and water. Also, chicken is not recommended as picnic food, due to the potential for food poisoning. Don't take chances with food safety. Safely enjoy baked chicken at home.

Pre Cook Preparation:

Marinate: Optional

A. Timer set to thaw meat for about 2 hours

B. Timer set to the time to begin preparation prior to cooking

C. Timer set for 1 hour later, when meal should be ready to eat

D. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:

Cut meat to bite sized before sitting down

Frozen or canned vegetables can be used

Long oven mitts and oven rack puller

Sit on a stool while stirring

Visual Accommodations:

Colored chopping boards

Potential Food Allergy or Intolerance:

Barbecue Sauce (gluten, tomatoes)

Butter (lactose)

Chicken

Mushrooms

Pepper

Potatoes

Spices

Meatless Preparation Avoid:

Butter

Chicken

Substitute with: _____

Utensils:

- Chopping board
- Fork
- Paring knife
- Pot holders
- Spatula
- Spoon
- Pan: 1.5 quart oven safe pan with lid

Ingredients:

Meat:

- 4 to 6 chicken legs

Vegetables:

- 15 ounces of corn
- 15 ounces of green beans
- 15 ounces of peas

Other ingredients:

- 3 tablespoons of barbecue sauce (gluten free)
- Dash of salt
- Spices, such as pepper, to taste

Preparation time: 10 minutes

Preparation:

1. Place chicken legs in 1.5 quart oven safe pan.
2. Add water to the bottom of the pan.
3. Add a dash of salt across the pan.
4. Drop about a tablespoon of barbecue sauce on each chicken leg.
5. Cover with lid and place in oven.

Cook Temperature: 350 degrees

Cook Time: 1 hour

Servings: 1 chicken leg per person

Storage Solutions: Square containers in individual servings with or without vegetables

Counter safe: 30 minutes to cool enough to place in the fridge or freezer
Fridge safe: 3 to 4 days * Per FDA Storage Chart link in Resources
Freezer safe: 4 to 6 months * Per FDA Storage Chart link in Resources

Reheat Instructions:

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is fully hot and reaches a safe temperature.**
3. **Minimum 2 minutes.**
   Add your microwave time here: _____.

Stove Top: Time and Temp may vary.

1. **Place food in frying pan.**
2. **Add enough water to almost cover food.**
3. **Stir frequently while food heats, until thoroughly warm, about 10 minutes.**
   Add your stove time here: _____.

Oven Directions: Time and Temp may vary.

1. **Place in oven safe pan.**
2. **Add a little water.**
3. **Heat until thoroughly warm, about 20 minutes.**
   Add your oven time here: _____.